









Shaker Pointe's August 2018 Fitness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sun. August 1 			Wed. August 1 10:45-11:45 AM Cardio Sculpt 11:45-12:45 PM Beginner Balance 1:00-1:45 PM Aqua Balance 2:00-4:00 PM Open Swim 2:00-3:00 PM-Wii Bowling MPR	Thurs. August 2 9:00-10:00 AM Osteo-Yoga 10:00 AM-12:00 Noon, Open Swim 10:15-11:15 AM Zumba Gold 1:15-2:15 PM, Balance, Advanced 3:00-5:00 PM, Open Swim w/ Neighbors	Fri. August 3 9:15-10:15 AM, Chair Yoga 11:00-12:00 Advanced Tai Chi 12:30-1:30 Tai Chi for Balance 1:00-3:00 PM, Open Swim	Sat. August 4 10:30-11:15 Zumba Gold 11:45-12:30 PM, Sit to be Fit 12:30-1:30, Open Swim for Adults Only 1:30-3:00 Open Swim for Adults & Family
Sun. August 5 	Mon. August 6 9-11:00 AM Open Swim w/ Neighbors 9:00 AM-Chair Yoga 12:00-1:00 PM Aqua PiYo Chi- 1:30-3:30 PM Open Swim	Tues. August 7 9:00-11:00 AM Open Swim 9:15-10:15 AM Sit to be Fit- Canceled combined with 11:00 AM 11:00-12:00 AM Sit to be Fit 11:45-12:30 PM Aqua Arthritis 12:30-1:15 PM Water Works 1:30-2:30 PM Balance, Beginner 2:30-3:30 PM Balance, Advanced	Wed. August 8 10:45-11:45 AM Cardio Sculpt- 11:45-12:45 PM Beginner Balance 1:00-1:45 PM Aqua Balance- 2:00-4:00 PM Open Swim 2:00-3:00 PM-Wii Bowling-MPR	Thurs. August 9 9:00-10:00 AM Osteo-Yoga-Cancelled 10:00 AM-12:00 Noon, Open Swim 10:15-11:15 AM Zumba Gold 1:15-2:15 PM, Balance, Advanced 3:00-5:00 PM, Open Swim w/ Neighbors	Fri. August 10 9:15-10:15 AM, Chair Yoga 11:00-12:00 Advanced Tai Chi 12:30-1:30 Tai Chi for Balance 1:00-3:00 PM, Open Swim	Sat. August 11 10:30-11:15 Zumba Gold 11:45-12:30 PM Sit to be Fit 12:30-1:30, Open Swim for Adults Only 1:30-3:00 Open Swim for Adults & Family
Sun. August 12 	Mon. August 13 9-11:00 AM Open Swim w/ Neighbors 9:00 AM-Chair Yoga 12:00-1:00 PM Aqua PiYo Chi 1:30-3:30 PM Open Swim	Tues. August 14 9:00-11:00 AM Open Swim 9:15-10:15 AM Sit to be Fit 11:00-12:00 AM Sit to be Fit 11:45-12:30 PM Aqua Arthritis 12:30-1:15 Water Works 1:30-2:30 PM Balance, Beginner 2:30-3:30 PM Balance, Advanced	Wed. August 15 10:45-11:45 AM Cardio Sculpt 11:45-12:45 PM Beginner Balance 1:00-1:45 PM Aqua Balance 2:00-4:00 PM Open Swim 2:00-3:00 PM-Wii Bowling-MPR	Thurs. August 16 9:00-10:00 AM Osteo-Yoga 10:00 AM-12:00 Noon, Open Swim 10:15-11:15 AM Zumba Gold 1:15-2:15 PM, Balance, Advanced 3:00-5:00 PM, Open Swim w/ Neighbors	Fri. August 17 9:15-10:15 AM, Chair Yoga 11:00-12:00 Advanced Tai Chi 11:30 AM-depart for Kerry's Flash Mob at the NYS, Capital, West Lawn 12:30-1:30 Tai Chi for Balance 1:00-3:00 PM, Open Swim	Sat. August 18 10:30-11:15 Zumba Gold 11:45-12:30 PM, Sit to be Fit 12:30-1:30, Open Swim for Adults Only 1:30-3:00 Open Swim for Adults & Family
Sun. August 19 	Mon. August 20 9-11:00 AM Open Swim w/ Neighbors 9:00 AM-Chair Yoga 12:00-1:00 PM Aqua PiYo Chi 1:30-3:30 PM Open Swim	Tues. August 21 9:00-11:00 AM Open Swim 9:15-10:15 AM Sit to be Fit 11:00-12:00 AM Sit to be Fit 11:45-12:30 PM Aqua Arthritis 12:30-1:15 PM Water Works 1:30-2:30 PM Balance, Beginner 2:30-3:30 PM Balance, Advanced	Wed. August 22 10:45-11:45 AM Cardio Sculpt 11:45-12:45 PM Beginner Balance 1:00-1:45 PM Aqua Balance 2:00-4:00 PM Open Swim 2:00-3:00 PM-Wii Bowling-Cancelled	Thurs. August 23 9:00-10:00 AM Osteo-Yoga 10:00 AM-12:00 Noon, Open Swim 10:15-11:15 AM Zumba Gold 1:15-2:15 PM, Balance, Advanced 3:00-5:00 PM, Open Swim w/ Neighbors	Fri. August 24 9:15-10:15 AM, Chair Yoga 11:00-12:00 Advanced Tai Chi 12:30-1:30 Tai Chi for Balance 1:00-3:00 PM, Open Swim	Sat. August 25 10:30-11:15 Zumba Gold 11:45-12:30 PM Sit to be Fit 12:30-1:30, Open Swim for Adults Only 1:30-3:00 Open Swim for Adults & Family
Sun. August 26 	Mon. August 27 9-11:00 AM Open Swim w/ Neighbors 9:00 AM-Chair Yoga 12:00-1:00 PM Aqua PiYo Chi 1:30-3:30 PM Open Swim	Tues. August 28 9:00-11:00 AM Open Swim 9:15-10:15 AM Sit to be Fit- Canceled combined with 11:00 AM 11:00-12:00 AM Sit to be Fit 11:45-12:30 PM Aqua Arthritis 12:30-1:15 PM Water Works 1:30-2:30 PM Balance, Beginner 2:30-3:30 PM Balance, Advanced	Wed. August 29 10:45-11:45 AM Cardio Sculpt 11:45-12:45 PM Beginner Balance 1:00-1:45 PM Aqua Balance 2:00-4:00 PM Open Swim 2:00-3:00 PM-Wii Bowling-MPR	Thurs. August 30 9:00-10:00 AM Osteo-Yoga 10:00 AM-12:00 Noon, Open Swim 10:15-11:15 AM Zumba Gold 1:15-2:15 PM, Balance, Advanced 3:00-5:00 PM, Open Swim w/ Neighbors	Fri. August 31 9:15-10:15 AM, Chair Yoga 11:00-12:00 Advanced Tai Chi 12:30-1:30 Tai Chi for Balance 1:00-3:00 PM, Open Swim	

If you have any questions about the fitness program, please call [Kerry Engle](tel:734-233-1115), Fitness Director, at X1115

Description of Classes

Advanced Tai Chi-(Kate and Erick) This advance class is designed for those who are ready to progress to the next level of Tai Chi. This class continues to focus on balance & coordination of the muscular, skeletal & cardiovascular systems. (Intermediate to Advanced)

Aqua Arthritis-(Eileen) This class is for people with arthritis & related conditions. It is designed to reduce fatigue, pain, stiffness, improve mobility, muscle strength, & coordination. (All levels)

Aqua Balance-(Ellen) Water provides additional support as well as resistance which makes it a great location for this exercise. (All levels)

Aqua PiYo Chi-(Ellen) This class intertwines the pose of Yoga, exercise of Pilates, & movement of Tai Chi using natural resistance with water support for ease of movement to increase range of motion, improve balance & postural alignment. (All levels)

Beginner Balance-(Eileen, Kerry) This class will help to increase balance awareness by concentrating on 3 essentials cues: Visual, inner ear & where arms & legs are positioned in space. The exercises presented will build confidence in basic balance. Chair is used as a prop for balance.

Advance Balance-(Eileen, Jen) Balance helps advance stability & equilibrium. Completion of the first balance class is required before increasing to the rigor of this level. Balance Disc, Bosu, Stability Balls & Foam Rollers are used to increase balance awareness.

Tai Chi for Balance-(Kate) Improve balance, strength and flexibility, increase your range of motion & build strength in lower extremities. Chair supported progressions are available. Tai Chi can be adapted for anyone, from people who are fit to folks who use a walker or a wheelchair. (Beginner)

Cardio Sculpt-(Kerry) Get up & move with this upbeat aerobics class that is sure to get your body moving. Workout includes cardio moves, upper body strength, core conditioning & stretching. (Advanced)

Chair Yoga-(Noreen) Move your whole body through a complete series of yoga poses. Chair support is offered to safely perform a variety of seated & sitting postures designed to increase flexibility, balance & range of movement. (All levels)

Osteo-Yoga-(Noreen) This is a mat low impact class that helps to strengthen bones. No yoga knowledge or experience is needed. Use your own body for weight bearing without using h& held weights. Classic yoga & adaptive/modified poses are incorporated. (Intermediate to Advance)

Sit to be Fit-(Kerry) A variety of exercises designed to increase your range of movement, cardiovascular endurance, increase muscle strength & balance. A chair is used for sitting or standing support. (Beginner to Intermediate)

Water Works-(Eileen) This high energy workout improves agility, flexibility, cardiovascular endurance & muscular strength. This class is perfect for someone that would like to exercise but needs a low impact workout that is easy on your joints. (All levels)

Zumba Gold-(Kerry) The class introduces easy-to-follow Zumba® choreography. Come ready to sweat, prepare to leave empowered & strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility & balance! (Advanced)

What's Happening in Fitness

Beginner Balance

Class Highlight
of the month

Tuesdays at 1:30 p.m. with Eileen and Wednesdays at 11:45 a.m. with Kerry

Maintaining balance and mobility is essential to aging successfully. Achieving and maintaining balance involves many systems working together. That is why Shaker Pointe's beginning balance class is unique then other balance classes offered in other communities. By combining three different components of balance; the somatosensory or proprioceptive system, visual system and the vestibular system makes learning balance multidimensional. The somatosensory or proprioceptive activities teaches you surface characteristics, (if you are on sand versus a hard floor, grass versus pavement) temperature and changes in position. The visual system activities enhances the way you use visual information for balance. Activities that reduce visual input causes you to rely more on your other two balance systems. Vestibular activities work with the inner ear's balance system which relays gravity and motion information to the brain. No fitness activity can repair inner-ear function, but some can make living with related problems easier. Vestibular training activities improve how the inner ear performs relative to balance. In class you will also be addressing strength which is widely recognized as an effective way to improve balance and function.

So why not give this class a try and see what you've been missing!!



Dancers: experience or no experience necessary. On Friday, August 17th at 12:30 p.m., Shaker Pointe residents will be going down to the Plaza to present a flash mob to the community. This will be a fun event to educate the community that it is never too late to start to exercise.

Please call Kerry at x1115 or email her at Fitness@shakerpointe.org to sign up or need

Class Cancellations for August

Tuesday, August 7th at 9:15 a.m. Sit to be Fit **will be combined** into the **11:00 am** Sit to be Fit

Tuesday, August 9th at 9:00 a.m. Osteo Yoga is cancelled

Wednesday, August 22nd at 2:00 p.m. Wii Bowling is cancelled

Tuesday, August 28th at 9:15 a.m. Sit to be Fit **will be combined** into the **11:00 am** Sit to be Fit

If you have any questions about the fitness program, please call [Kerry Engle](mailto:Kerry.Engle@shakerpointe.org), Fitness Director, at X1115